

"77"

Humphreys' Seventy-seven For Grip, Influenza COLDS

Mention any ailment from Sprue to Gout, and everyone has a pet remedy to suggest.

Mention a Cold and nearly everyone recommends "Seventy-seven" as their own particular remedy.

To get the best results take "Seventy-seven" at the first chill or shiver. "Seventy-seven" goes direct to the sick spot without disturbing the system.

The tonicity of "Seventy-seven" sustains the system during the Cold and leaves no bad after effects.

"Seventy-seven" breaks up hard Colds that hang on and do not yield to treatment.

"Seventy-seven" is a small vial of pleasant pellets, fits the vest pocket. All Drug Stores, 25c.

TONIC TABLETS

(Humphreys')

For the convalescent, for the weak and the weary—Price \$1.00, at all Drug Stores or sent C. O. D.

Humphreys' Homeo. Medicine Co., 156 William Street, New York.

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels, and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate, which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.

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SCHOOL NOTES

Mr. Harris, a student of the University of Cincinnati, studying to become a rabbi, was the speaker at chapel exercises on Wednesday morning. His message to the student body was, "Know, be, do." He emphasized the fact that a person must know something well, to get along in these days of specialization. But knowledge, he said, is not enough. A person to accomplish anything in the world must have character. He must be somebody. Finally he dwelt upon the fact that a man may have the knowledge of a Solomon and a sterling character and yet be of no account to himself, his family, or the community. Deeds must be achieved by man to perfect himself. A man who fails to work is not fully measuring up to the standard set by the world.

On next Friday, the Ardmore High school football team will meet the dead mutes of Sulphur on the local gridiron. Last year the game with Sulphur was one of the most hotly contested of that season. The followers of the game here think the contest Friday will be one of the very best ever seen in this city. It is freely predicted that, with the team reorganized as it has been since the defeat received from Pauls Valley, and hard workouts since then, Ardmore High school will celebrate a great victory Friday evening.

On Monday, October 9, all the city schools will observe fire prevention day. Lectures by the teachers will be given on the dangers of gasoline, rubbish piles, careless use of matches, etc. Fire drills will be a feature of the day's program. The disaster of last year seemed to show the absolute necessity of such action and the decided advantage of having boys and girls well trained for emergencies.

Two boys' glee clubs, two girls' glee clubs, a mixed chorus and an orchestra are the musical organizations of the High school for 1916-17. All have a very large membership and are in flourishing condition. The only requirement for admission is ability to sing or play a musical instrument. One credit in music is given for four years active membership in any of these music classes.

C. S. Cummins, a graduate of the University of Kansas, has been elected to the position of teacher of the sixth grade in the fourth ward. Mr. Cummins' election is the forerunner of a policy to be adopted as much as possible in the grades of having competent men teachers in greater numbers. Supt. Richards feels that more men are needed in the upper grades of the ward schools to add touch of masculinity to the education of boys just entering their adolescence.

A city superintendent of one of the largest school systems of the state has asked Supt. Richards for his opinion of a bill to be presented to the next legislature advocating the pensioning of teachers. Mr. Richards has replied emphatically that he is opposed to any such law in Oklahoma, it being his opinion that the knowledge of a pension to come causes many teachers to become lax in their teaching and careless about their professional advancement. It is his theory that teachers should be well paid for their efforts, while they are actively at work, that all moneys expended may be given directly to the immediate education of the boys and girls of the commonwealth.

When You Take Cold.

With the average man a cold is a serious matter and should not be trifled with, as some of the most dangerous diseases start with a common cold. Take Chamberlain's Cough Remedy and get rid of your cold as quickly as possible. You are not experimenting when you use this remedy, as it has been in use for many years and has an established reputation. It contains no opium or other narcotic. Obtainable everywhere.

Celebration of 100th Birthday.


Coburg, Germany, Oct. 7.—In celebration of the 100th birthday of the famous German poet and author, Gustav Freytag, his drama, "Graf Wolde-mar" was presented at the court theatre, with his son, Prof. Dr. Freytag of Munich, in the title role. It was Prof. Freytag's debut upon the stage. The performance was witnessed by the Duke and Duchess of Coburg as well as by the leading actors of the theatres at Cassel, Wiesbaden and Meiningen.

All you who have torpid liver, weak digestion or constipated bowels look out for chills. The season is here and the air is full of the disease germs. The best thing to do is to get your liver in good condition and purify the stomach and bowels. HERBINE is the right remedy, it answers the purpose completely. Price 50c. Sold by Ringer Drug Co.

Warships Escort Interned Germans.

Philadelphia, Pa., Oct. 7.—Convoyed by the United States battleships Minnesota and Vermont, the interned German cruisers Kronprinz Wilhelm and Prinz Eitel Friedrich arrived at

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the Philadelphia navy yard last night from Norfolk. A convoy of 12 warships escorted the interned cruisers up the coast, because it was necessary to go outside the three-mile limit. Ten came only as far as the Delaware capes. Space at the Norfolk yard was needed for new ships. The cruisers have complements of 744 officers and men.

When the chest feels on fire and the throat burns, you have indigestion, and you need HERBINE to get rid of the disagreeable feeling. It drives out badly digested food, strengthens the stomach and purifies the bowels. Price 50c. Sold by Ringer Drug Co.

Mississippi Prison Raised Cotton Sold. Atlanta, Ga., Oct. 7.—Mississippi offers an excellent example of what a state can do by way of making its prisoners in a large degree self-supporting.

Trustees of the Mississippi state prison farm, according to reports from Jackson, Miss., recently sold 400 bales of cotton at an average of 21.49 cents per pound, and four carloads of seed at \$16.29 a ton. Ninety-eight bales of cotton were short staple and were sold at the market price.

The highest price paid for long staple was \$23.15. The price for seed is said to establish a record. It is estimated that the sale will net the state \$48,500.

Head-Off that All-Winter Cough.

At the first sign of sore throat, tight chest or stuffed-up head take a dose of Dr. Bell's Pine-Tar-Honey. The healing pine-tar, soothing honey and glycerine quickly relieve the congestion, loosen the phlegm and break up your cold. Dr. Bell's Pine-Tar-Honey has all the benefits of the healing aroma from a pine forest, it is pleasant to take and antiseptic. The formula on the bottle tells why it relieves colds and coughs. At your Druggist, 25c.

From War Zone to University.

Norman, Okla., Oct. 7.—Can you imagine a greater contrast than that between war-devastated Belgium and a peaceful college town in Oklahoma? Roy Temple House, professor of German at the University of Oklahoma, has just experienced that contrast when he returned from doing relief work in the little European country to resume his teaching in the university class rooms.

Prof. House was selected to act as agent of the people of the United States in their relief work among the Belgians on account, first, of the fact that he was acceptable to the Ger-

mans, having taught in the public schools of Germany for two years, and second, because of the fact that he speaks German, French and Spanish fluently. His translations from European literatures and his original contributions to a large number of American magazines have made him among the best known teachers of foreign languages in the country. He spent six months with the relief commission attempting to allay the suffering among Belgians.

A series of lectures on the war, dealing especially with its effect upon those "who stay at home," is now being prepared by the university traveler. They will be given before Oklahoma audiences during the year.

Despondency.

When you feel discouraged and despondent do not give up but take a dose of Chamberlain's Tablets and you are almost certain to feel all right within a day or two. Despondency is very often due to indigestion and biliousness, for which these tablets are especially valuable. Obtainable everywhere.

England to House Soldiers After War.

London, Oct. 7.—(Correspondence of The Associated Press)—England's determination to provide the best possible housing accommodation for the soldiers on their return to civil life is reflected in plans formulated to set aside as a beginning \$100,000,000 of government money as advances to local authorities and other agencies, to provide houses for the working classes at reasonable rent. Mr. Long, president of the local government board, told a deputation that the plans actually before the board represented but a small beginning. He added:

"It would be a black crime to let our soldiers come back from water-logged and horrible trenches to something little better than a pigsty." He had told a deputation representing the housing and town-planning congress some time ago that the 20,000,000 pounds asked for by them should not represent even an index of what might be required. He emphasized that if the government came to the aid of the local authorities in the matter, it must be on liberal lines. He also said it was vital to the future of the race that there should be provision for as many as possible in those districts in order to keep the land occupied.

The move is one of many indicating that, in the estimation of the government, nothing is to be too good

for the men who helped in the war on their return. It is a harbinger of the social revolution that has been so frequently predicted and which affects all classes.

A Great Gain in Silos.

Topeka, Kansas, Oct. 7.—The construction of silos on Kansas farms in 1916 showed a marked increase over 1915, according to a report issued today from the state board of agriculture, based on assessors' returns of March 1, 1916, which shows 11,243 silos in Kansas at that time as compared with 9,712 in 1915. This is a gain in the year of 1,631 or 16 per cent. Sedgwick county leads, with 425, followed by Reno with 352, Lyon 332 and Sumner 22, according to the report. Stanton county reports but one silo while Grant is credited with two and Wichita county three.

The following are some of the counties shown in the report: Allen 120; Barton 32; Bourbon 108;

Clay 88; Cowley 199; Crawford 68; Douglas 175; Geary 47; Harvey 197; Labette 251; Lane 8; Leavenworth 211; Montgomery 88; Neosho 114; Riley 118; Saline 128; Sedgwick 425; Shawnee 154.

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